

ART

Ceramics Studio Program

The City has a new Art and Ceramics Studio at the Heritage Park and Museums. Dublin is now offering a new series of ceramics programs where students can design and fire their own clay art pieces.

Ceramic Garden-Works

Sign up to bring your garden and patio alive with art! With project demonstrations and lots of support, you can easily make little garden gnomes to hide in your pansies or a cheery sun to hang on your patio fence. No experience is needed. You're welcome to bring in ideas of your own. Come enjoy the adventure and see the amazing things you can make out of a ball of clay-you will surprise yourself! A \$35 materials fee is payable to the instructor at the first class.

6 Classes. Instructor: S. Hudson

18 Yrs.+ \$131 Res/\$157 Non Res

Heritage Park & Museums

THU 4/5-5/17* 7:30-9:30 PM Activity #28748

*no class 4/12

Projects with a Purpose

Take a break and join us at the ceramics studio in Dublin's new Heritage Park & Museums. You'll be amazed by what you can make with a ball of clay! Serving trays, organizer boxes, spoon rests, address numbers, cell phone holders...the ideas are endless! Your instructor will provide demonstrations and any help you need. NO experience is needed to create pieces you'll use and treasure. A \$35 materials fee is payable to the instructor at the first class.

6 Classes. Instructor: S. Hudson

18 Yrs.+ \$131 Res/\$157 Non Res

Heritage Park & Museums

THU 4/5-5/17* 12:00-2:00 PM Activity #28746

*no class 4/12

Ceramics for Starters

This class is perfect for both newcomers to clay or those who want to return to a hobby once loved. We'll work with basic hand building techniques taught through project demonstrations. You'll glaze each project with your choice of our many beautiful glazes for a finished piece you'll be pleased to say you made! This class can suit every student's ability level. A \$35 materials fee is payable to the instructor at the first class.

6 Classes. Instructor: S. Hudson

18 Yrs.+ \$131 Res/\$157 Non Res

Heritage Park & Museums

WED 4/4-5/16* 9:45-11:00 AM Activity #28747

*no class 4/11



DANCE

Hula Dance

Come share the ALOHA spirit through the art of hula! Hula is a dance, a way of life and an intricate part of the history of the Hawaiian people. In this class, you will be introduced to traditional and modern styles of hula, a dance form that moves the mind, body and spirit. This is an enjoyable and moderate exercise for all ages and genders. Gloria Ruiz is Instructor and Director of Hula School Halau Makana Lani. She has been dancing hula for 15 years, teaching for seven years and studying under a hula master in Oahu for nine years. No experience necessary.

6 Classes. Instructor: G. Ruiz

14 Yrs.+ \$75 Res/\$90 Non Res

Dublin Senior Center

MON 3/26-5/7* 7:30-8:30 PM Activity #28599

*no class 4/16

Irish Dance for Teens & Adults

Beginner and intermediate level dancers (over the age of 12) will learn a variety of soft and hard shoe dances as well as group dances. Traditional 'Set Dances' will also be taught. A recital will be held on the last night of class. Beginning students do not need Irish Dance shoes.

9 Classes. Instructor: V. Deam

13 Yrs.+ \$87 Res/\$104 Non Res

Heritage Park & Museums

THU 4/5-6/14* 8:00-9:00 PM Activity #28741

*no class 4/12 & 5/3



Beginners Classic Country Western Dance

Are you looking for an active way to unwind, meet new friends and exercise? Join us in this beginning line-dance class where you will learn the basic steps for each line-dance as each dance is repeated for three weeks. Steps are taught slowly and easily and dances will be repeated until you feel comfortable. No partner required.

6 Classes. Instructor: S. & E. Kraft

16 Yrs.+ \$44 Res/\$53 Non Res

Dublin Senior Center

MON 4/2-5/7 7:00-8:00 PM Activity #28732

MON 5/14-6/25* 7:00-8:00 PM Activity #28733

*no class 5/28



Classic Country Western Dance for the Intermediate Dancer

Learn classic country and new line dancing while having a great time. Each dance is repeated for three weeks and until everyone is comfortable and ready to move on to a new dance. Previously learned dances will also be reviewed and practiced at each class during the break.

6 Classes. Instructor: S. & E. Kraft

16 Yrs.+ \$44 Res/\$53 Non Res

Dublin Senior Center

MON 4/2-5/7 8:00-9:00 PM Activity #28736

MON 5/14-6/25* 8:00-9:00 PM Activity #28737

*no class 5/28

NEW Modern Square Dancing

Learn the basics of Square Dancing. Participants are encouraged to take the class with a dance partner, but a partner is not required. Bring your friends, family and neighbors for an entertaining and inexpensive weekly activity. No previous experience is needed. Participants ages 8 to 13 years old must sign up with an adult.

6 Classes. Instructor: M. Amell

8 Yrs.+ \$53 Res/\$64 Non Res

Shannon Community Center

SAT 3/24-4/28 10:00 AM-12:00 PM Activity #28738

Belly Dance: Fun & Fitness

Shake into shape with the ancient art of belly dance! Add pizzazz to your workout routine while you develop grace, strength, flexibility, and balance. Learn basic steps, movement, finger cymbal patterns and veil dancing. Improve your self-image and body control using isolations and shimmies with this sultry, FUN dance experience! This is great exercise for all body types! This is a combination beginning and intermediate level class. No previous dance experience is necessary. Repeat students are welcome.

6 Classes. Instructor: S. Tatseena

16 Yrs.+ \$70 Res/\$84 Non Res

Dublin Senior Center

THU 4/5-5/10 7:20-8:20 PM Activity #28739

THU 5/17-6/21 7:20-8:20 PM Activity #28740

Hip Hop for Teens & Adults

Would you like to learn the latest street-style dance made popular by music videos? Join this energizing and electrifying dance class and get ready to loosen up and have fun! Improve your strength and agility while exercising your mind and body.

8 Classes. Instructor: Castro Valley Performing Arts Staff

14 Yrs.+ \$66 Res/\$79 Non Res

Heritage Park & Museums

MON 4/16-6/11* 8:15-9:15 PM Activity #28742

*no class 5/28

Adult Tap I

This class will include both beginning and intermediate tap techniques with emphasis on clean footwork. Students will be introduced to variations of time steps, tap turns and across the floor combinations, as well as the application of various syncopated rhythms to music. Tap shoes are required.



8 Classes. Instructor: Castro Valley Performing Arts Staff

15 Yrs.+ \$66 Res/\$79 Non Res

Shannon Community Center

TUE 4/17-6/5 8:15-9:15 PM Activity #28743



**Saturday, April 21, 2012
11:00 AM – 3:00 PM**

**Dublin Heritage Park and Museums
FREE ADMISSION**

The All-America car show will feature vintage, classic, muscle, exotic, tuners and import cars AND you can enter your car in this event. There will be a nominal entry fee to enter your car in this event. This intergenerational community event is being planned and coordinated by members of the City's Youth Advisory and Senior Advisory Committees, in cooperation with the Senior Center Foundation. For more information contact Henry Siu at 556-4500. Entrance to the event is free. Food and refreshments will be available for purchase. Proceeds from the vehicle entry fees, and refreshments sales will benefit Dublin's Youth Fee Assistance Program and the Dublin Senior Foundation.

Adult Tap II

Tap is great exercise for the mind and body and loads of fun! Tap II expands on tap basics with the addition of intricate rhythm variations. Students should have previous tap dance experience/classes. Tap shoes are required for this class.

8 Classes. Instructor: Castro Valley Performing Arts Staff

15 Yrs.+ \$66 Res/\$79 Non Res

Shannon Community Center

TUE 4/17-6/5 7:15-8:15 PM Activity #28744

FITNESS & WELLNESS

Pilates Plus

Become leaner, stronger and revitalized through Pilates. Pilates is a system of exercises utilizing the body and mind to increase flexibility and strength. The focus is on the 'powerhouse' muscles, which encompasses the core muscles of the torso and the relation of the abdominals to the back muscles. This class also uses rollers and balls for myofascial and muscle release. Designed for all levels; students focus on body awareness in a fun informative format. Please bring a mat, foam roller and a tennis ball to each class.

10 Classes. Instructor: J. Connaughton

16 Yrs.+ \$100 Res/\$120 Non Res

Dublin Library Community Room

MON 4/2-6/18* 6:30-7:30 PM Activity #28749

*no class 4/23 & 5/28

Yoga & Meditation I & II

After a stressful day, would you like to be calm, sleep better at night? Yoga can help relieve stress and joint stiffness. Students can focus and clear their minds while developing strength, flexibility, balance and coordination. Learn to integrate the mind, body and spirit. Yoga is practiced with comfort, attention to breathing and slow, intentional movements creating health and wholeness. Expectant mothers are welcome to participate. Please bring a thick blanket and dress in comfortable clothing. Yoga is conducted in bare feet and is best on an empty stomach.

8 Classes. Instructor: L. Wallace

18 Yrs.+ \$105 Res/ \$126 Non Res

Dublin Civic Center

WED 4/4-6/6* 7:30-8:45 PM Activity #28750

*no class 4/18, 5/16 & 5/23

Yoga & Meditation III & IV

Students can create a more peaceful mind and a stronger, more flexible body. Yoga assists in building balance, coordination and energy flow. Yoga movement releases stiffness from the body. Meditation clears the mind and reduces stress and blood pressure, which builds energetic pathways between breath, movement and spirit. This multi-level Yoga class is for continuing students. Please bring a thick blanket and sticky mat to class.

7 Classes. Instructor: L. Wallace

18 Yrs.+ \$105 Res/\$126 Non Res

Dublin Civic Center

WED 4/4-6/6* 6:00-7:15 PM Activity #28751

*no class 4/18, 5/16 & 5/23

28 Days to Health

Learn how to incorporate healthy eating habits, detoxification practices and supplementation into your daily life. Weigh-ins, body fat measurement and lecture provided weekly.

4 Classes. Instructor: Velocity Sports Staff

18 Yrs.+ \$99 Res/\$119 Non Res

Velocity Sports

THU 4/5-4/26 6:30-8:00 PM Activity #28752

THU 5/10-5/31 6:30-8:00 PM Activity #28753

Ladies' Boot Camp

Join this Boot Camp to start the year off on the right track and accomplish your New Year's Resolution! An experienced team of sports performance coaches work with you in a state-of-the-art sports facility, helping you achieve your goals and reach a whole new level of health and fitness by incorporating cardio and strength training—in as little as one hour a day. You're going to love how our program makes you feel and the results you'll achieve.

15 Classes. Instructor: Velocity Sports Staff

18 Yrs.+ \$200 Res/\$240 Non Res

Velocity Sports

MON/WED/FRI 4/2-5/4 10:00-11:00 AM Activity #28754

MON/WED/FRI 4/2-5/4 7:00-8:00 PM Activity #28755

MON/WED/FRI 5/7-6/8 10:00-11:00 AM Activity #28756

MON/WED/FRI 5/7-6/8 7:00-8:00 PM Activity #28757

See Results Faster...

Take **28 Days to Health** and **Ladies' New Year's Resolution Boot Camp** and receive a \$49 discount. Register at Shannon Community Center to take advantage of this special offer.



ADULT Bicycle Safety Class

Street Skills Class

Learn how to ride your bike in traffic!

This 3½ hour course, taught by a certified instructor from the League of American Bicyclists, will cover:

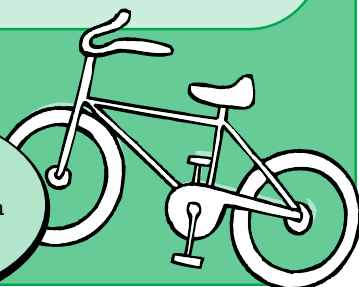
- basics of safe cycling
- riding in traffic
- equipment
- crash avoidance
- rights & responsibilities

NO BIKE NEEDED

*There will be a follow-up on-road class at a later date.

Thursday April 19, 5:30 – 9:00 PM
Dublin Library (Program Room)
Adult (14 years and older)

This class is **FREE!**
To reserve your spot please call Erin at 556-4524 or use Activity #28882.



Rockin' Robics: Trampoline Fitness

Dublin now has a state of the art air-conditioned trampoline facility at ROCKIN' JUMP. Bounce in and experience total body training that increases muscular strength and endurance while providing cardiovascular air-obics. Studies show that rebounding on a trampoline can burn more calories (up to 1000 per hour) than jogging, while providing a safe, gentle low impact workout. Great for all fitness levels and abilities. CORE-based and guaranteed fun.

4 Classes. Instructor: Rockin' Jump Staff

16 Yrs.+ \$48 Res/\$58 Non Res

Rockin' Jump

SAT 3/17-4/7 8:30-9:30 AM Activity #27916

SAT 4/14-5/5 8:30-9:30 AM Activity #28608

Zumba® for Fun & Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Dance experience not required. Be prepared to sweat. Bring water and a towel.

11 Classes. Instructor: R. Cranford

18 Yrs.+ \$98 Res/\$117 Non Res

Dublin Senior Center

TUE 4/3-6/12 7:15-8:15 PM Activity #28745

Zumba® Join the Party!

Come join us for an evening packed with energy, fun and sassy music. Have you ever participated in Zumba®? This is your chance to learn the basics while getting an "awesome" workout burning tons of calories! Zumba® is a high energy workout that combines Latin rhythms and easy-to-follow steps to create a unique exercise experience. Students will learn the basic steps to Zumba®, and the rhythms of Merengue, Salsa, Cumbia and Reggaeton among others styles. No prior Zumba® or dance experience is necessary.

Instructor: A. Arroyo

18 Yrs.+

4 Classes. \$36 Res/\$43 Non Res

Shannon Community Center

MON 4/16-5/7 6:00-7:00 PM Activity #28759

THU 4/19-5/10 6:00-7:00 PM Activity #28760

MON 5/14-6/11* 6:00-7:00 PM Activity #28887

*no class 5/28

THU 5/17-6/7 6:00-7:00 PM Activity #28888

8 Classes. \$72 Res/\$86 Non Res

Shannon Community Center

MON & THU 4/16-5/10 6:00-7:00 PM Activity #28758

MON & THU 5/14-6/11 6:00-7:00 PM Activity #28761

NEW Zumba® Gold

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, Cumbia and Reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. Bring water and a towel.

11 Classes. Instructor: R. Cranford

50 Yrs.+ \$66 Res/\$86 Non Res

Shannon Community Center

WED 4/4-6/13 6:00-6:50 PM Activity #28762





Jazzercise®

Performed to today's hottest music, Jazzercise® has fused the art of aerobic jazz dance, with kickboxing, hip-hop, Pilates, strength training and yoga. Jazzercise® will improve your aerobic endurance, muscle toning, and flexibility. You will leave class feeling relaxed, energized and stress free and most importantly—you will have had FUN while exercising! All fitness levels are welcome. Bring a mat and weights to class. Contact Barbara Van Trease at 447-8890 for class information or visit www.jazzercise.com for new student offers and pricing.

16 Yrs.+

Dublin Senior Center

MON 8:30-9:30 AM; 5:30-6:30 PM

TUE 8:30-9:30 AM; 6:00-7:00 PM

WED 8:30-9:30 AM; 5:30-6:30 PM

THU 6:00-7:00 PM

FRI 8:30-9:30 AM

SAT 8:30-9:30 AM

SUN 8:30-9:30 AM

MARTIAL ARTS

Fitness & Self Defense/Safety Awareness Training

Concepts and principles learned in this course will focus on properly responding to your attacker's motion and movement. Students will learn effective controlling techniques/maneuvers to restrain your attacker, without the use of excessive force. The program includes stretching, conditioning, breathing techniques, kicks to specific target areas; breaking away from grabs; throwing and grappling defense techniques and defense against weapon attacks. More importantly, you will learn how to avoid conflict, be aware of your surroundings and build up your self-esteem. Uniform strongly suggested, but not required.

10 Classes. Instructor: E. Untalan

18 Yrs.+ \$85 Res/\$102 Non Res

Shannon Community Center

WED 4/4-6/20* 7:30-8:25 PM Activity #28763

* no class 4/11 & 5/30

Beginning Aikido

Improve your confidence, power and agility while learning self defense in a relaxed, friendly and non-competitive environment. No matter your size, gender, age or athletic ability, students will see and feel the benefits. Beginners are welcome and can start at any point during the session; however, fees are not pro-rated. Judo uniforms are recommended but not required.

6 Classes. Instructor: R. Hsi

15 Yrs.+ \$39 Res/\$47 Non Res

Shannon Community Center

TUE & THU 4/3-4/19 8:00-9:30 PM Activity #28764

Intermediate Aikido

Continue to build upon the basic skills learned in the Beginning Aikido course through additional practice of self-defense techniques without kicking or punching. Instead, students will tap their inner energy and use the strength of their attacker. Learn the fundamental body dynamics, throws, pins, and blocks that are making this martial art so effective and so popular among men and women of all ages.

18 Classes. Instructor: R. Hsi

15 Yrs.+ \$117 Res/\$140 Non Res

Shannon Community Center

TUE & THU 4/24-6/21 8:00-9:30 PM Activity #28765

Krav Maga

Krav Maga is the official hand-to-hand defense system of the Israeli Defense Forces, and is based on simple principles and instinctive movements. This technique teaches real self defense in the shortest possible time. Learn to defend against common chokes, grabs and bear hugs as well as weapon defenses from knives, guns and sticks. Krav gloves are required and can be purchased first day of class for \$49. No uniforms are required.

10 Classes. Instructor: Martial Arts America Staff

18 Yrs.+ \$116 Res/\$139 Non Res

Martial Arts America

SAT 4/7-6/16* 12:00-12:50 PM Activity #28766

* no class 5/26



Karate

Immerse yourself in the Korean Martial Art of "Tang Soo Do" and learn basic blocks, punches, kicking and sparring techniques which instill discipline and self-control.

8 Classes. Instructor: B. & K. Berger

15 Yrs.+ \$40 Res/\$48 Non Res

Shannon Community Center

MON 4/16-6/11* 7:30-9:30 PM Activity #28767

* no class 5/28

SPECIAL INTEREST

CPR and AED

Did you know that providing CPR and immediate defibrillation can substantially increase a victim's chance of survival? In this course, you will learn how to provide CPR for an adult, children and infants, as well as how to use an automated external defibrillator (AED). Learn emergency response in a low stress, hands-on environment. Participants will receive certification.

1 Class. Instructor: American Safety Academy Staff

13 Yrs.+ \$69 Res/\$83 Non Res

American Safety Academy

TUE 4/17 6:00-9:00 PM Activity #28768

CPR, AED and First Aid

Did you know that 75% to 80% of all out of hospital cardiac arrests happen at home and that the majority of victims receive no hands-on care until EMS arrives? Properly applied, CPR and First Aid can save lives and reduce recovery times. Learn to recognize signs and cardiac arrests and get information about how to deal with emergencies like bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more!

1 Class. Instructor: American Safety Academy Staff

13 Yrs.+ \$79 Res/\$95 Non Res

American Safety Academy

SUN 5/20 9:30-2:00 PM Activity #28769

Pet First Aid

In an emergency, what are the first steps necessary to help your pet until you can get them to the vet? Would you know what to do if your cat or dog stopped breathing or started choking? Your pet depends on you for his or her well being. In addition to providing daily care, love and affection, your best friend depends on you in an emergency. Come learn the steps of pet rescue in a low stress, hands on environment. Join other animal lovers as we cover topics such as how to administer medications, recognizing an emergency, performing CPR and first aid, treating common illnesses and how to stock a first aid kit.

1 Class. Instructor: American Safety Academy/American Red Cross Staff

12 Yrs.+ \$49 Res/\$59 Non Res

American Safety Academy

SUN 4/22 11:00 AM-2:00 PM Activity #28770

The Complete Pie

All you need to bring is a rolling pin, a pie plate, a 2 quart bowl—and you will leave with a simply delicious finished two crust fruit pie. Students will also learn tips on different fruits, and using seasoning and thickeners for your pie.

1 Class. Instructor: K. Billingsley

14 Yrs.+ \$26 Res/\$31 Non Res

Shannon Community Center

WED 5/9 6:30-8:30 PM Activity #28771

Cooking with Herbs

This is a discussion and demo class. We will discuss herbs, how to grow, harvest, store and use. I will bring in samples of fresh herbs, and herbal products for you to taste. You will leave with recipes and pairing lists.

1 Class. Instructor: K. Billingsley

18 Yrs.+ \$15 Res/\$18 Non Res

Shannon Community Center

TUE 6/5 7:00-9:00 PM Activity #28772

NEW Bread Making

In this three week session learn how to make different yeast bread items. With each different bread product you will increase your skills and comfort with yeast breads. Examples: Cinnamon Buns, Sandwich Breads and Pizza Dough. Some we will cook in class some will do their final rise as you drive home and you will bake at home. You will need to bring a rolling pin, loaf pan and a cookie sheet to each class.

3 Classes. Instructor: K. Billingsley

14 Yrs.+ \$93 Res/\$112 Non Res

Shannon Community Center

SUN 4/15-5/6* 1:00-4:00 PM Activity #28773

**no class 4/29*

Quick Gourmet Appetizers

Appetizers are always a special start to any meal. Coupled with salad or soup, appetizers can even make a great lunch, or complement a beverage. Sometimes appetizers seem like just too much work but with a few quick tricks and use of some pre-prepared products you can create an unending supply of great appetizers. Learn to make three appetizers in class—each with unending variations—and best of all; they can be made ahead of time.

1 Class. Instructor: K. Billingsley

14 Yrs.+ \$26 Res/\$31 Non Res

Shannon Community Center

MON 4/16 6:30-8:30 PM Activity #28774

Cooking a Mexican Fiesta

Join us to prepare a tasty four-course Mexican Fiesta with Quick Spanish Rice, Chili Rellenos, and more. Mexican cooking is fun for a party and is also a great budget option. Enjoy this hands-on class that culminates with a wonderful dinner. Students will leave with recipes and ideas on options for future meals.

1 Class. Instructor: K. Billingsley

14 Yrs.+ \$35 Res/\$42 Non Res

Shannon Community Center

WED 5/16 6:30-8:30 PM Activity #28776

What did you like about the class...?

"Everything! I really enjoyed the instructor Kim. I'm very excited about making my own pies now."

Let's Make Jam – Introduction to Canning

Fruit jam is a yummy treat, a great gift and a wonderful way to store your harvest. Students will make two different jams; one traditional and one sugar free. Students will learn how to store and present jam as a gift. Jam is a great introduction to canning; all the basics you learn in this class will open up the world of canning to you. Students will leave with their homemade jam and recipes.

1 Class. Instructor: K. Billingsley

14 Yrs.+ \$27 Res/\$32 Non Res

Shannon Community Center

TUE 6/12 6:30-8:30 PM Activity #28775

RAW Cuisine Culinary Arts

Learn how to create colorful, flavor-packed dishes that will “rawk” your world! You will sample each delicious dish and receive a recipe packet to take home.

NEW Forget Cooking!

Eating healthy foods has never been so easy. In this class, you will learn to prepare a variety of dishes for breakfasts, lunches, and dinners. Menu: Almond Milk, Cream of Zucchini Soup, Kale Salad, Not Tuna Pâté, Zucchini Noodles Marinara, Chocolate Mousse. Fresh, organic, and simply raw the food your body was designed to thrive on.

1 Class. Instructor: E. Caravantes

16 Yrs.+ \$85 Res/\$102 Non Res

Shannon Community Center

TUE 4/3 6:30-9:30 PM Activity #28777

TUE 5/22 6:30-9:30 PM Activity #28838

NEW Breakfast and Brunch!

The menu for this class has something for everyone; juices and smoothies for maximum vitality or weight loss, people-pleasing granola, oatmeal, and decadent crepes and cinnamon rolls. Fresh, organic, and simply raw the food your body was designed to thrive on.

1 Class. Instructor: E. Caravantes

16 Yrs.+ \$85 Res/\$102 Non Res

Shannon Community Center

TUE 5/8 6:30-9:30 PM Activity #28778

NEW Flavors of the Mediterranean

Middle Eastern restaurants are a hit with good reason; aromatic herbs, spices, and pungent flavors make this cuisine both exotic and comforting. Now you can enjoy all your favorites, even hummus and falafel, all raw. Menu: Hummus, Falafel with Tahini Sauce, Tabouli, Greek Salad, Carrots with Moroccan Spices, Dolmas with Middle Eastern Marinara, Apple Baklava. Fresh, organic, and simply raw the food your body was designed to thrive on.

1 Class. Instructor: E. Caravantes

16 Yrs.+ \$85 Res/\$102 Non Res

Shannon Community Center

TUE 6/5 6:30-9:30 PM Activity #28779

SPORTS

“Game On” Tennis

Your competitive side will be challenged in different point play situations in this new innovative class. Live games will be conducted against players of intermediate or higher skill level.

This is a great opportunity to expand your tennis network. Open to graduates of Tennis 102 or equivalent.

Instructor: Arora Tennis Staff

18 Yrs.+

5 Classes. \$75 Res/\$90 Non Res

Emerald Glen Park Tennis Courts

SAT 2/25-3/24 9:00-10:00 AM Activity #27920

TUE 2/28-3/27 7:15-8:15 PM Activity #27922

SAT 4/14-5/12 9:00-10:00 AM Activity #27921

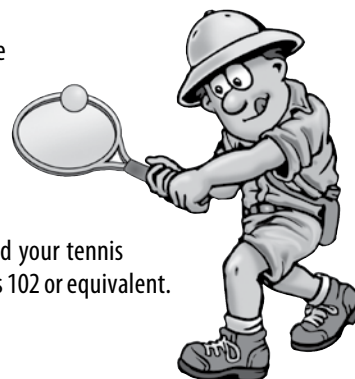
TUE 4/17-5/15 7:15-8:15 PM Activity #27923

4 Classes. \$59 Res/\$71 Non Res

Emerald Glen Park Tennis Courts

TUE 5/29-6/19 7:15-8:15 PM Activity #28844

SAT 6/2-6/23 9:00-10:00 AM Activity #28843



DUBLIN ENERGIZER STATION

at

Both Dublin/Pleasanton BART Stations
7:00-9:00 AM

Energizer Station sponsored by BART,
Cities of Dublin & Pleasanton,
Hacienda Business Park and DublinCyclery.
For more information on this and other
National Bike Month activities, visit
www.dublin.ca.gov/bikeways.

14th Annual

World of Shoes
presents
City of Dublin

2012

shamrock

Dublin
All-America City
2011

5K FUN RUN & WALK

Sunday, March 18, 8:30 AM

The Shamrock 5K is a great event for runners and walkers of all abilities. Join us whether this is your first or fourteenth Shamrock Run & Walk and don't miss out on all the FUN! See new discount below offered for walkers and runners not requiring to be timed.

A few event highlights:

- ♣ 3.1 mile certified 5K course
- ♣ Over 1,800 participants
- ♣ Special discounts for families, corporations and non-timed runners
- ♣ Race week early bib pick-up available
- ♣ Post race celebration with refreshments, entertainment and more!
- ♣ Commemorative event t-shirt for all pre-registered participants
- ♣ Prize drawing after the race with gift certificates and more!

Registration

Mail-in registration must be postmarked no later than March 6.

Online registration through www.active.com must be received by March 13.

Individuals (Chip Timed) – Pre-registration	\$25
Individuals (Not Timed) – Pre-registration <i>(Not Timed individuals will not be included in the race results)</i>	\$23
Families – Pre-registration <i>(Must be immediate family of 3 to 6 members living in the same residence)</i>	\$20 per person
Corporate – Pre-registration <i>(Five or more registrants)</i>	\$23 per person
On-site Registration	\$30 per person



Mail-in registration must be postmarked no later than March 6.
Online registration through www.active.com must be received by March 13.





Tennis 101

Learn a sport that you can enjoy for a lifetime with this easy step-by-step lesson plan. You will receive plenty of individual attention in this class for those with minimal or no previous tennis instruction. Basic fundamentals will be covered, with a focus on developing solid techniques.

5 Classes. Instructor: A. Arora, USPTA Teaching Professional

18 Yrs.+ \$99 Res/\$119 Non Res

Emerald Glen Park Tennis Courts

SAT 2/25-3/24 8:00-9:00 AM Activity #27917

MON 2/27-3/26 7:00-8:00 PM Activity #27918

SAT 4/7-5/5 8:00-9:00 AM Activity #28834

MON 4/9-5/7 7:00-8:00 PM Activity #28836

SAT 5/19-6/23* 8:00-9:00 AM Activity #28835

** no class 5/26*

MON 5/21-6/25* 7:00-8:00 PM Activity #28837

** no class 5/28*

Tennis 102

Attention all intermediate players—this class is for you! Continue to develop solid techniques and further strengthen your skill level.

5 Classes. Instructor: A. Arora, USPTA Teaching Professional

18 Yrs.+ \$99 Res/\$119 Non Res

Emerald Glen Park Tennis Courts

SAT 2/25-3/24 8:00-9:00 AM Activity #27919

WED 2/29-3/28 7:00-8:00 PM Activity #27955

SAT 4/7-5/5 9:00-10:00 AM Activity #28839

WED 4/11-5/9 7:00-8:00 PM Activity #28841

SAT 5/19-6/23* 9:00-10:00 AM Activity #28840

** no class 5/26*

WED 5/23-6/20 7:00-8:00 PM Activity #28842

Coed Golf School

Learn to play golf in a friendly, non-competitive environment. Golf rules and etiquette as well as basic full swing fundamentals and short game skills (chipping and putting) will be covered. It is recommended to bring your own clubs; however, limited clubs are available if needed.

5 Classes. Instructor: Brad Braden, Dublin Ranch GC Head Professional

18 Yrs.+ \$99 Res/\$119 Non Res

Dublin Ranch Golf Course

SAT 3/31-5/5* 9:00-10:00 AM Activity #28845

** no class 4/7*

WED 4/4-5/2 6:15-7:15 PM Activity #28847

WED 5/16-6/13 6:15-7:15 PM Activity #28848

SAT 5/19-6/23* 9:00-10:00 AM Activity #28846

** no class 5/26*

Women's Group Golf Lessons

Women's golf is on the rise everywhere and the Ladies Professional Golf Association (LPGA) is steadily gathering dedicated golf fans. Don't just watch...this is your chance to learn how to play with other motivated women. Instruction includes correct grip, stance, posture, and how to take aim and take a full swing. Basic fundamentals, rules and etiquette will also be covered. It is recommended to bring your own golf clubs; however, limited clubs are available if needed.

5 Classes. Instructor: Brad Braden, Dublin Ranch GC Head Professional

18 Yrs.+ \$99 Res/\$119 Non Res

Dublin Ranch Golf Course

THU 4/5-5/3 6:00-7:00 PM Activity #28849

THU 5/17-6/14 6:00-7:00 PM Activity #28850

50+ Golf School

This class is a sure-fired way to improve your swing and build your golf network for beginner and intermediate golfers age 50 and over. Exercise promotes mental agility, longevity and good health. It is recommended to bring your own clubs; however, limited clubs are available if needed.

5 Classes. Instructor: Brad Braden, Dublin Ranch GC Head Professional

18 Yrs.+ \$99 Res/\$114 Non Res

Dublin Ranch Golf Course

WED 4/4-5/2 5:00-6:00 PM Activity #28851

WED 5/16-6/13 5:00-6:00 PM Activity #28852

ADULT SPORT LEAGUES

Resident/Non Resident Status

To qualify as a resident team 51% of the roster must be Dublin residents or must be sponsored by a Dublin-based business with a current business license and pay by company check or credit card. Resident team registration must be done in person, not online.

Registration

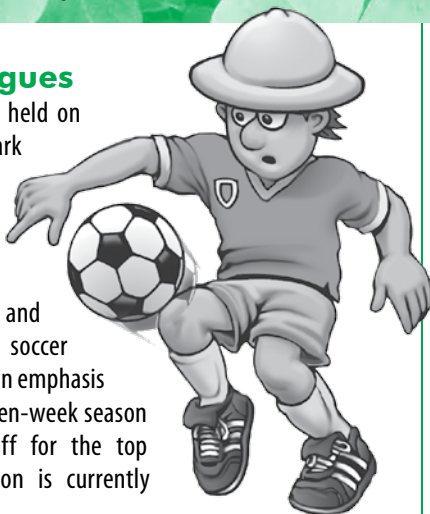
Team registration can be completed on-line or at the parks and Community Services office at the Shannon Community Center. Full registration and payment must be completed two weeks prior to league start or a \$25 late fee applies. No partial payments will be accepted. Please note that teams that do not make full payments will not be added to the schedule. Players must be age 18 years or older. Please call 556-4500 to check space availability. (Sorry, no individual players accepted; please see Free Agent List below.)

Free Agent List

The City of Dublin maintains free agent lists for basketball, bocce, soccer and softball. Please call 556-4500 to be added to a list. This list is shared with team managers by request.

Adult Soccer Leagues

The adult soccer leagues are held on the synthetic Fallon Sports Park soccer fields. Sign your team up for an ultimate soccer experience and play on the same artificial turf used at a number of college and professional facilities. This soccer program is competitive with an emphasis on having a great time! The ten-week season includes a two-week playoff for the top qualifying teams. Registration is currently open for these leagues.



Men's—11 players per team on field

18 Yrs.+

Res Team \$700/Non Res Team \$840

Fallon Sports Park

Begins SUN 4/22 Games times 9:00 & 11:00 AM Activity #27954

Men's—7 players per team on field

30 Yrs.+

Res Team \$580/Non Res Team \$696

Fallon Sports Park

Begins TUE 4/17 Games times 6:30 & 7:45 PM Activity #28886

Coed—7 players per team on field (2 women minimum)

Men 25 Yrs.+, Women 21 Yrs.+

Res Team \$580/Non Res Team \$696

Fallon Sports Park

Begins SUN 4/15 Games times 7:00 & 8:15 PM Activity #28890

Adult Softball Leagues

Softball is a great way for co-workers to socialize and improve teamwork skills outside of the office. City leagues cater to recreational level softball players. So get your family, friends and co-workers together and form a team! Softball leagues consist of a 10-game schedule, plus playoffs for the qualifying top teams. Men's C level should be considered higher than the Men's D level. Game times are 6:30 and 7:45 PM. Registration is currently open for these leagues.

Men's

Res Team \$620/Non Res Team \$744

Fallon Sports Park

Men's "C" League Begins WED 4/18 Activity #28884

Men's "D" League Begins TUE 4/10 Activity #27952

Coed

Res Team \$620/Non Res Team \$744

Fallon Sports Park

Business Coed Begins MON 4/16 Act #28885

Business Coed/Coed "D" League Begins THU 4/19 Act #27953

Adult Coed Bocce Leagues

Bocce is easily played by all ages and physical abilities and both beginner and experienced players are welcome to join in the fun. Teams can be comprised of two to eight players each. Due to the popularity of this program, two leagues are offered on either Wednesday nights or Friday nights for a 10-week session. Picnic tables are nearby so feel free to bring refreshments to enjoy while playing. Matches begin at 6:00 PM. Registration is currently open for these leagues.

18 Yrs.+ \$125 Res/\$150 Non Res

Emerald Glen Park Bocce Courts

Begins WED 4/25 Activity #27949

Begins FRI 4/27 Activity #27950

4-on-4 Basketball League 30 Yrs.+

The 4-on-4 league is played on a 'shorter' full size court. The season will consist of a 10-game schedule, plus playoffs for the qualifying top teams. Games begin at 6:30 PM. Registration is currently open for this league.

30 Yrs.+ Res Team \$420/Non Res Team \$504

Stager Community Gymnasium

Begins MON 3/5 Activity #27590

5-on-5 Basketball Leagues

Adult 5-on-5 basketball league season will consist of a 10-game schedule plus two-week playoff for the qualifying top teams. Men's C level should be considered higher than the Men's D level. The 5-on-5 leagues will be played in the afternoon and evening.

18 Yrs.+ Res Team \$620/Non Res Team \$744

Stager Community Gymnasium

"C" League Begins SUN 5/6 Activity #27942

"D" League Begins SUN 5/6 Activity #27881

Open Gym Basketball

Here is the perfect cure for the midweek blues! Finish work, grab a quick bite and then end your day with some hoops action. Whether you prefer to slam dunk or lead the fast break, the open gym basketball program provides great opportunities for exercise and to meet others and form teams for future leagues. The cost per session of open gym is \$4 per adult participant. The fee is collected on-site.

Fallon School Gymnasium

WED 3/7-5/16* 7:00-9:00 PM

** no open gym 4/11*

